Fact Sheet - Chinese

避孕膜

The Diaphragm

什麼是避孕膜？

避孕膜是一小片淺圓頂形狀的薄矽膠，放在女人的陰道內以蓋住子宮入口。

避孕膜如何起作用？

性交時，當男方在女方陰道內射精，避孕膜會阻止精子進入子宮。性交後，避孕膜必須再留在原位六小時，在這段時間陰道裡的所有精子都死亡了。

避孕膜的效果如何？

避孕膜的有效率是88-94%。這意味著每100名使用這種方法的女性中，有6至12人可能在一年內懷孕。隨著使用經驗、使用的一貫性和膜片的正確放置次數的增加，有效率也會增加。

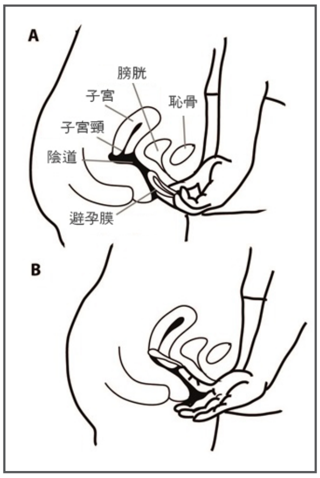
如何使用避孕膜？

避孕膜有不同的尺寸。您需要在家庭生育計劃診所或由經過培訓的醫務人員試戴，找出合適您的尺寸，這是很重要的。在試戴的時候，將會為您提供如何放入和取出避孕膜的完整說明。

您可以在性交之前的任何時候將避孕膜放入，但是避孕膜必須在性交後留在原位至少6小時。避孕膜留在陰道內的時間不應超過30小時，否則可能會導致陰道受刺激以及產生分泌物。如果在月經期間使用避孕膜，它留在陰道內的時間不應超過6小時，因為可能有中毒性休克綜合症的輕微風險。

使用後，避孕膜應及時清洗、沖洗、徹底乾燥並儲存在陰涼的地方。

放入和取出避孕膜



圖A：一隻腳放在椅子上站著；或蹲著；或躺著。

擠捏住邊緣的兩側，使避孕膜變得足夠窄，以推進陰道。一手抓住避孕膜，另一隻手在陰道入口處撥開陰唇。將避孕膜盡可能深地推進陰道，斜向著腰背部。將避孕膜前緣掖在恥骨後面。用食指伸入陰道，檢查您是否可以隔著避孕膜感覺到子宮頸，這個感覺得有點像您的鼻尖。

圖B：要取下避孕膜，將您的手指放在避孕膜前緣後面，往下拉出膜片即可。

如果您忘記使用避孕膜怎麼辦？

如果您在性交時忘記使用避孕膜，或者您發現避孕膜不在合適的位置上，或者避孕膜上有孔，您就有可能懷孕。藥房有出售緊急避孕藥（ECP）。在無保護的性行為後120小時以內都可以服用緊急避孕藥，但是越早服用效果越好。

使用避孕膜可能引起的副作用或併發症

副作用很少見，但可能包括尿道感染，尤其是以前有尿道感染病史的女性。

新南威爾士州家庭生育計劃協會 (Family Planning NSW) 是由新南威爾士州衛生局資助的非營利機構

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審閱：2014年 7月 | FPNSW 07/14

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在哪裡可以購買避孕膜？

您可以從藥房購買避孕膜，但是避孕膜有不同的尺寸，所以您需要去家庭生育計劃診所或去看醫生，讓他們為您試戴以找到合適的尺寸。在您戴避孕膜的時候，確保他們向您演示如何將它放入，查看是否在正確的位置上，然後將其取下。您應該在診所進行練習，這樣，如果您有任何問題，護士或醫生就可以幫助您。

任何妊娠（即使只持續了幾個星期）之後，如果您的體重變化3公斤以上，您應該重新試戴避孕膜。

欲了解更多的信息

- 打電話1300 658 886聯系新南威爾士州家庭生育計劃協會（Family Planning NSW）Talkline 或訪問 www.fpnsw.org.au/talkline
- 全國轉接服務（NRS ，為失聰人士提供）133 677
- 或親臨您附近的家庭生育計劃診所

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Fact Sheet - English

THE DIAPHRAGM

What Is A Diaphragm?

A diaphragm is a small shallow dome of thin silicone that a woman places inside her vagina to cover the entrance to the uterus (womb).

How Does The Diaphragm Work?

When the male partner ejaculates inside the vagina during intercourse, the diaphragm prevents the sperm getting into the uterus. After intercourse the diaphragm must be left in place for a further six hours during which time any sperm in the vagina die.

How Well Does It Work?

The diaphragm is 88-94% effective. This means that between 6 and 12 out of every 100 women who use this method for a year may become pregnant. The effectiveness increases with experience, consistent use and correct fitting of the diaphragm.

How Do You Use A Diaphragm?

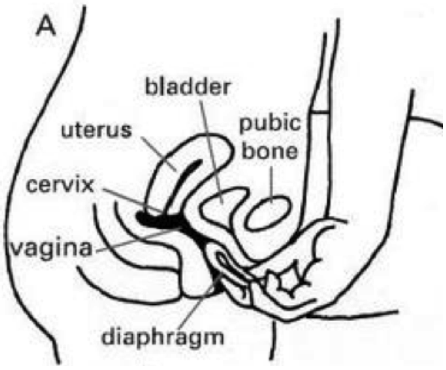
Diaphragms come in different sizes. It is important to be fitted for one that suits you, at a Family Planning clinic or by other trained health professionals. Complete instructions on how to insert and remove the diaphragm will be provided at the time of fitting.

You can insert a diaphragm any time before you have sex but it must be left in place for at least six hours after intercourse. It should not be left in the vagina for more than 30 hours as this may lead to vaginal irritation and discharge. If the diaphragm is used during menstruation, it should not be left in place for longer than six hours because of the small risk of toxic shock syndrome.

After use, the diaphragm should be cleaned, rinsed, dried thoroughly and stored in a cool place.

Inserting And Removing The Diaphragm

Figure A. Stand with one foot on a chair, or squat, or lie down.



Squeeze the sides of the rim so that the diaphragm is narrow enough to slide into your vagina. Hold the diaphragm in one hand and spread apart the vaginal lips at the entrance to your vagina with the other hand. Slide the diaphragm in as far as it will go, slanting it towards the small of your back. Tuck the front rim up behind the pubic bone.

Reach into your vagina with your index finger and check that you can feel your cervix through the diaphragm. It will feel a bit like the end of your nose.

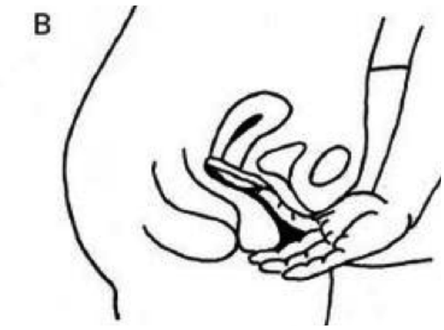


Figure B. To remove the diaphragm put your finger behind the front rim and pull it down and out.

What If You Forget To Use It?

If you forget to use your diaphragm when you have sex, or you find that the diaphragm was not properly in place, or there is a hole in it, there is a chance you could

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get pregnant. Emergency contraceptive pills (ECP) are available at pharmacies. They can be taken up to 120 hours after unprotected sex but they work better the sooner they are taken.

Possible Side Effects Or Complications Of Using A Diaphragm

Side effects are rare but may include an increase in urinary tract infections, particularly in women with a history of urinary tract infections in the past.

Where Can You Get A Diaphragm?

You can buy a diaphragm from a pharmacy, but diaphragms come in different sizes, so you need to go to a Family Planning clinic or your doctor to be fitted for your correct size. When you are fitted for a diaphragm make sure you are shown how to insert it, check it is in the correct position, and remove it. You should practise doing this in the clinic so that the nurse or doctor can help if you have any problems.

You should be re-fitted for a diaphragm after any pregnancy (even if it only lasts for a few weeks), and if your weight changes by 3kg or more.

For Further Information

- Contact the Family Planning NSW Talkline on 1300 658 886 or go to www.fpnsw.org.au/talkline
- NRS (for deaf) 133 677
- Or visit your nearest Family Planning clinic

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